

# For better health . . .

## **Vitamin A**

**Eat at least one serving every day.**

Apricot  
Beet Green  
Bok Choy  
Butternut Squash  
Cantaloupe  
Carrot  
Chicory Green  
Collard  
Dandelion Green  
Dried Apricot  
Garden Cress  
Hubbard Squash  
Japanese Persimmon  
Kale  
Leaf Lettuce  
Mustard Greens  
Nectarine  
Papaya  
Peach  
Plantain  
Pumpkin  
Spinach  
Sweet Potato  
Swiss Chard  
Tangerine  
Tomato  
Winter Squash

## **Cabbage Family**

**Eat several times a week.**

Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Cauliflower  
Chinese Cabbage  
Curly Cress  
Garden Cress  
(Pepper Cress)  
Horseradish  
Kale  
Kohlrabi  
Mustard Greens  
Rutabaga  
Turnip Greens

## **Fiber**

**Eat at least one serving every day.**

Apple  
Apricot  
Asparagus  
Banana  
Beans (kidney, navy, lima, pinto, lentils)  
Blackberries  
Black-eyed Peas  
Blueberries  
Bok Choy  
Broccoli  
Brussels Sprouts  
Cabbage  
Cantaloupe  
Carrot  
Cauliflower  
Cherries  
Corn  
Dates  
Eggplant  
Figs  
Grapes  
Grapefruit  
Green Beans  
Greens (beet, mustard, turnip)  
Kale  
Kiwi Fruit  
Nectarine  
Okra  
Orange  
Peach  
Pear  
Peas  
Pineapple  
Plum  
Potato  
Prunes  
Raisins  
Raspberries  
Spinach  
Strawberries  
Sweet Potato  
Swiss Chard  
Tomato  
Winter Squash  
Zucchini

## **Vitamin C**

**Eat at least one serving every day.**

Asparagus  
Bell Peppers  
Blackberries  
Bok Choy  
Boysenberries  
Brussels Sprouts  
Cabbage  
Cantaloupe  
Cauliflower  
Chili Peppers  
Elderberries  
Gooseberries  
Grapefruit  
Green Onion  
Guava  
Jalapeno Peppers  
Honeydew Melon  
Kiwi Fruit  
Kohlrabi  
Kumquat  
Lemon  
Lime  
Mandarin Orange  
Mango  
Mustard Greens  
Orange  
Papaya  
Peach  
Persimmon Melon  
Pineapple  
Plum  
Potato  
Radishes  
Raspberries  
Rutabaga  
Snow Peas  
Spinach  
Strawberries  
Sweet Potato  
Tangelo  
Tangerine  
Tomato  
Turnip Greens  
Watercress (raw)  
Watermelon  
Yams

